

Ellen MacKenzie, Ph.D.

1:45 - 2:30 p.m.  
Wesley Mitchell

Tuesday Dec. 4  
1:30 - 2:15 p.m.  
Barbara Barlow, M.D.

2:30 - 3:00 p.m.  
Carol Runyan, M.P.H., Ph.D.

Wednesday, Dec. 5  
9:00 - 10:30 a.m.  
Special panel discussion on national security and public safety  
  
10:30 a.m. - 12:00 noon  
Dennis Compton

In order to access the web cast, you will need a PC or Macintosh that is configured to receive streaming media. To verify that your PC is compatible for the web cast, please test your computer at this site:  
<<http://help.yahoo.com/help/us/bcst/bcst-14.html>> .

Macintosh users, please check the minimum requirements for receiving streaming media located at <http://help.yahoo.com/help/us/bcst/bcst-07.html>. Please note that Netscape Navigator (versions 4.0 - 4.7) and Real Player 7 or 8 should be used. Both softwares are available as free downloads from links on <http://help.yahoo.com/help/bcst>.

Please forward this e-mail to your friends and colleagues. The web cast is accessible directly from the SafeUSA home page, [www.cdc.gov/safeUSA](http://www.cdc.gov/safeUSA)  
<<http://www.cdc.gov/safeUSA>> .

See you on December 3!

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##### 5. Holiday Safety: Links for Toys Information and other Holiday Specific Issues

The holiday season is a joyous time for many people and often the sharing of gifts and time is included. There are several safety issues to be shared and reminded about that encompass the season. Questions to mull over may be: Are

toys chosen for children appropriate for their development and safety?  
What  
recalls are there on toys and other products? As well as, what are the  
special considerations associated with the season around food and  
decorations?

Some Internet links to help answer those questions and more can be  
found at  
the following sites. For general holiday safety a good link is the site  
of  
the American Academy of Pediatrics found at  
<<http://www.aap.org/advocacy/releases/dectips.htm>>. Toy recalls and  
other  
items for children that are on the market can be found at the Consumer  
Product Safety Council, <<http://www.cpsc.gov/>>.

The National SAFE KIDS Campaign recommends using the following  
guidelines  
for age-appropriate toys:

#### Infants under age 1:

In the first few months of their lives, children are immobile.  
Eventually,  
they learn to reach, roll over and sit up. In the second six months,  
children become more mobile and are at an increased risk for choking.  
The  
most suitable toys for the first year include activity quilts, stuffed  
animals without button noses and eyes, bath toys, soft dolls, baby  
swings,  
cloth books and squeaky toys.

#### Children ages 1 to 3:

At this age, children are curious and have little sense of danger. They  
like  
to climb, jump, throw and play rough-and-tumble games. The best toys  
for  
this age group are books, blocks, fit-together toys, balls, push-and-  
pull  
toys, pounding toys and shape toys.

#### Children ages 3 to 5:

As any parent of a preschooler can tell you, these children "think with  
their feet" and spend much of their time running. They like tests of  
physical strength and begin to develop skills such as the ability to  
ride a  
tricycle, finger control, and the ability to build with large blocks  
and  
construction materials. Toys that are most suitable for this age group  
include approved nontoxic art supplies, books, videos, musical  
instruments,  
and outdoor toys such as a baseball tee, slide or swing.

#### Children ages 5 to 9:

In the early part of this age group, children become creative and more physically active. They can write, engage in arts and crafts, and they are able to use simple mechanical toys such as cars and trains. Recommended toys include craft materials, jump ropes, puppets, books, electric trains (after age 8) and sports equipment. Remember, children ages 8 and up can begin to use electrical and battery-operated toys. Check tape recorders and battery-operated toys regularly for loose or exposed wires. Don't allow children to change batteries.

Children ages 9 to 14:

At this age, children enjoy team sports and games that require increased dexterity such as pick-up sticks, marbles and jacks. Strenuous physical activity is also popular for this age group. Children begin to develop hobbies and a strong interest in scientific activities. For these children, appropriate gifts include computers, microscopes, table and board games, and outdoor and team sports equipment. Ensure that older children's toys are kept out of reach of younger children, for whom they may present a danger.

Additional information about toys and making sure the necessary associated gear for them is included may be found at the National SAFE KIDS Campaign site, [www.safekids.org](http://www.safekids.org) <<http://www.safekids.org>>.

Sites about food safety and poisoning (like knowing that the leaves, stems and sap of poinsettias are poisonous) are: <<http://www.foodsafety.gov/>> and the American Association of Poison Control Centers site <<http://www.aapcc.org/>>. Remember, Alaska now has a 24-hour, toll-free hotline for poison information and assistance, 1-800-222-1222.

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6. Web Resources for Injury Prevention: Free Holiday Fire Safety Radio PSAs

From: Janette Garcia  
(800) 621-1136 For Immediate Release  
[info@theideabank.com](mailto:info@theideabank.com)

Since November 15th, more than 800 fire departments and radio stations have downloaded the free holiday PSAs.

The PSAs are available in both English and Spanish and are designed to help fire departments send out a message of fire safety to the community during this holiday season.

The four 30-second PSAs utilize broadcast quality AIF and MP3 files so radio stations can download them directly for airing from the Web site without the need of a CD or audiotape. They can be downloaded at <<http://www.theideabank.com/psa.html>>. The titles are:

#### 30-Second Radio PSAs

##### A Holiday Gift Idea

"Looking for a holiday gift that shows you care? A smoke alarm is a terrific idea. Nine out of ten home fire deaths occur at night when people are asleep. So this holiday season, give your friends a present that protects and watches over them all year round.... A smoke alarm. A life-saving gift idea from your fire department and this station."

##### Candle Care

"Candles are a traditional and beautiful part of the holiday season. They are also a direct source of fire in your home, so be cautious with them. Use non-flammable holders and position candles a safe distance from your Christmas tree and other holiday decorations. Children are always fascinated by candles and are drawn to them, so place yours safely out of children's reach. A holiday message from your fire department and this station."

##### A Fire-Safe Holiday

"People gathering together are the real joy of the holiday season. Take a few moments to protect your friends and family from an unexpected tragedy. Test the smoke alarms in your home to make sure they're working, and be certain everyone in your family knows and practices your home fire escape plan. A holiday message from your fire department and this station."

##### Christmas Tree Safety

"It's the holiday season and time to find just the right Christmas tree. Look for one that's fresh and green. The needles should bend and not snap

between your fingers. At home, find a cool spot for your tree, away from heater vents and the fireplace. A dry tree is a serious fire hazard, so water yours often. After the holidays, dispose of the tree safely at a recycling center or with your pick-up service. A safety message from your fire department and this station."

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This message has been compiled by the Section of Community Health and EMS (CHEMS), Alaska Division of Public Health and sent to subscribers of the AK-Prev and AHELP list-serves. It has also been sent as a "bcc" to others in Alaska including Public Health Centers, SAFE KIDS coalitions, Native Health organizations, and regional EMS Councils and Coordinators who may be interested and active in injury prevention and health promotion. The purpose is to share resources, breaking news, training opportunities, product recalls, and opinions to help prevent injuries to Alaskans. Feedback and contributions are encouraged. Contributions can be directed to  
Zoann Murphy: [zoann\\_murphy@health.state.ak.us](mailto:zoann_murphy@health.state.ak.us)

Link for the AK-Prev and AK-EMSC list-serve:  
<[http://chems.alaska.gov/ems\\_list\\_servers.htm](http://chems.alaska.gov/ems_list_servers.htm)>  
Link for the AHELP list serve:  
<<http://www.auroraweb.com/ahec>>

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